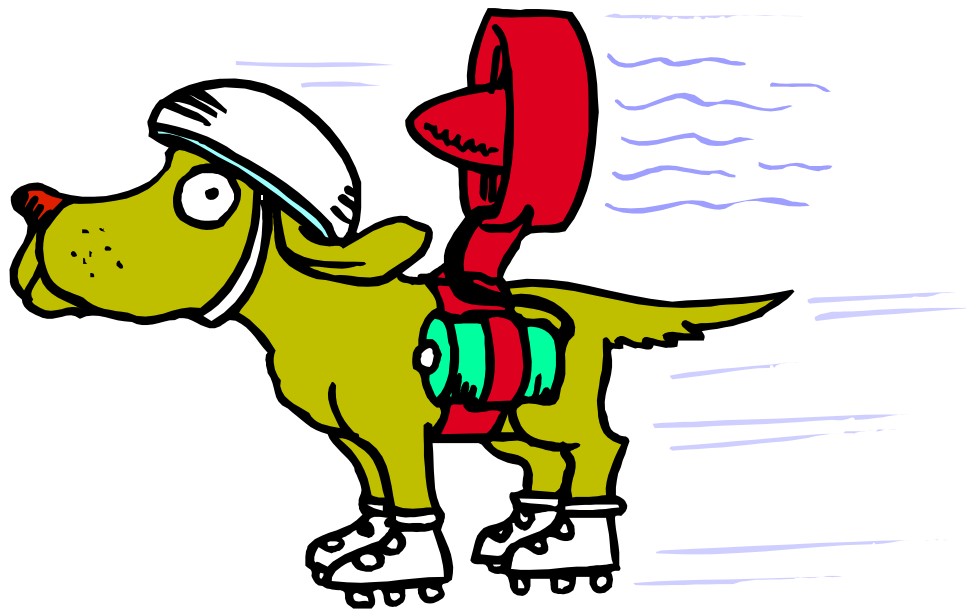


The Toddler Times

News, Information and Activities for Families in Early Intervention in Richmond, Chesterfield and Henrico



**Winter 2002
Edition**

Chesterfield Interagency Coordinating Council

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What's Happening in Chesterfield?

Let's go to the Pumpkin Patch!!

What a great day we had at the Pumpkin Patch. Eighty-five degrees in October!! We met at the Wathal Berry Farm and had the opportunity to feed and play with the different farm animals. We were then led through a straw maze and took a hayride to the pumpkin patch. Each of the children picked out a pumpkin to take home. There were also many photo opportunities and many of the children had their picture taken with the pumpkins or scarecrow. Thank you to the thirty-six people who attended this event!!!

Music Therapy



Melissa Owens from Music Therapy Associates volunteered to do music therapy for all children receiving early intervention on January 23rd. Music therapy uses instruments, singing, music and fun!!!! Thanks to everyone who came out and enjoyed the evening!!

What is the Chesterfield Interagency Coordinating Council?

The Chesterfield Interagency Coordinating Council, which consists of parents, county representatives, early intervention service providers, and members of the medical community, was established as a tool to ensure proper implementation of Part C of the Individuals with Disability Education Act (IDEA). We would love to have your participation. For more information you can call Carol Granger, Council Coordinator, at 768-7205.



Interested in writing a family story for the next Toddler Times??? Please call Jennifer or Leslie at 768-7205. We would love to hear your story!

Notes

The Toddler Times is compiled and published quarterly as a joint effort of the local interagency coordinating councils (LICC) in the Richmond area: Richmond Infant Council (828-2742); Chesterfield ICC (768-7205); Henrico, Charles City & New Kent LICC (261-8524)

To save costs, LICCs may send only 1-2 newsletters per agency. Please share this newsletter with others in your agency who may be interested in learning more about early intervention and/or who provide services to young children with developmental delays and/or disabilities and with families.

Families involved in Part C early intervention in the City of Richmond or in the counties of Chesterfield, Henrico, New Kent, or Charles City are encouraged to share their experiences with others through this newsletter. If you would like to contribute your family's story, please contact the local interagency coordinating council (LICC) in your area. Stories shared through this newsletter reflect the individual experiences and, on occasion, the individual opinions and beliefs of the family submitting the story. These experiences, opinions and beliefs may be quite different from your own. LICCs strive to reflect the diversity of the children and families participating in early intervention through the family stories printed in this newsletter. All families are valued in the early intervention system.

News and Information for Families and Professionals

Virginia Early Intervention System Gets New Name, Makeover



Goodbye, *Babies Can't Wait*...

Hello,
Infant & Toddler Connection of Virginia

This spring, the Lead Agency for Part C Early Intervention Services in Virginia—the Department of Mental Health, Mental Retardation, and Substance Abuse Services—will unveil its new, much-anticipated early intervention public awareness campaign. The campaign will reflect the state's new name for the early intervention system, Infant & Toddler Connection of Virginia. A new system logo and identity will soon be in use statewide. The Chesterfield Interagency Coordinating Council will begin using new public awareness materials as they are provided by the Lead Agency. You should notice changes by May 2002 – Early Intervention Month!

Free Online Web Courses on Autism

Thanks to WebMD, parents of children with autism can access free online courses to further their knowledge and understanding of autism. For details, visit www.webmd.com/webmd/coursesubdetails.asp?catalogid=Cat_4

Access Independence Receives Grant to Manage Training Funds

The VA Board for People with Disabilities (VBPD) has awarded a grant to Access Independence in Winchester, Virginia to manage the Training Fund for Consumer and Families. These funds provide opportunities for families and self-advocates with disabilities to attend conferences, training seminars and workshops on a local, state or national level.

Contact Access Independence directly to apply for funds. Sometimes if you apply too close to the time you need to register, you may have to pay out-of-pocket and then be reimbursed by the Training Fund, so it's in your best interest to apply enough in advance to allow time for approval for funding before you need to pay for the conference or workshop.

For more information, contact Janet Bixby, Consumer Training Fund Coordinator, at (540) 662-4452 or access@visuallink.com

Activities for Increasing Attention to Tasks and Sustaining Attention

Sometimes children have difficulty paying attention to one activity and/or playing with one toy for any one length of time. When this happens, it makes learning about the toy and/or learning from the experience of the activity challenging. The following are just a few activities to assist your child in staying with an activity longer. Each activity consists of smaller steps that, when completed, will provide your child with a reward/favorite activity. Use this list to assist you in thinking up additional activities that you know your child enjoys.



- Assist your child in preparing a favorite doll/stuffed animal for bed before crawling into bed with it such as: put it's pajamas on, brush it's teeth, give it some water, kiss it goodnight and rock it to sleep.
- Assist your child in bringing his/her own plate, cup and spoon to the table before being seated to eat.
- Build up ten blocks, then knock them down.
- Put ten blocks into a wagon, then pull it.
- Find five objects to put into a child's grocery cart, then push it.
- Let your child assist you in preparing juice such as: removing it from the refrigerator or cabinet, stirring and pouring it, then drinking the juice.
- Put all the toys away in the basket then go bye-bye.
- Put many blocks into a plastic container (peanut butter jar works), then shake and dance.
- Drop bath toys, washcloth, soap into the bathtub, then get into the bathtub and play.
- Assist your child in stringing big beads on a string, then wear it as a necklace.
- Place several small balls onto a blanket, then toss the blanket into the air. Wheel!

Remember to choose activities that when completed will be reinforcing to your child. For example, if your child does not like to wear necklaces, she probably will not like to string many beads; or if your child does not like to push or assist pushing a toy grocery cart, it will be difficult to sustain his attention while putting objects into it. There are going to be some steps that your child will need help completing. Don't worry if he/she cannot do it by himself. Remember the outcome is to help your child stay with the activity longer and **have fun!**

– Donna Rimell, Educator
Chesterfield Infant Program

Transition

This is the time of year when many families that have been receiving services under Part C of IDEA (early intervention services for infants and toddlers and their families) begin in-depth discussions and planning for transition to Part B of IDEA (special education services). If you are one of these families, please work closely with your Part C service coordinator to ensure that the needs of your child and family are supported throughout the transition process. Your service coordinator can also explain the rights that you have in this process. Remember, service coordinators are there to help!

The following article by Jan F. Aster, an Occupational Therapist with Chesterfield County Public Schools, contains helpful tips that we are pleased to pass along to you, should your child be in a center-based school program.

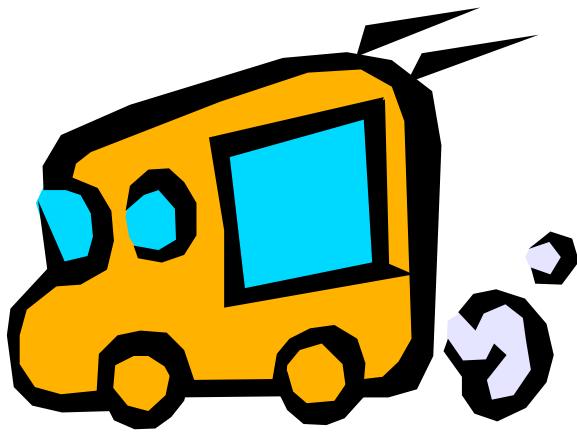
Talk, talk, talk!

Begin using school related words and phrases with your child on a daily basis (school, bus, teacher, classroom, snack, potty). If possible, ride by the school building or arrange an early visit with the principal. PLAY! Point out school buses as they pass you on the road. Try setting time aside to look at a picture book to read a story about school and related topics. Use toys during your time together. This special time together may help to bring the feelings of security and comfort to your child when he or she is away from you and at school.

Bridge the gap!!!

It's a great idea to begin to use the items that your child will have at school, so that he or she can become familiar with them. Having a few familiar things for comfort may help your child relax if he or she is having difficulty adjusting to the new environment. Your child will probably need a book bag, a small lunch or snack bag, and a rest mat (check the child's supply list as needs are different for each location). Now is a great time to begin to use these items to serve lunch or snack, and to use the same mat or blanket during rest or nap time at home as at school.





Prepare!!!

Being in a structured program for the first time may be a different experience for your child. Try to introduce routines into your day that will help your child prepare his or her body to adjust to the new schedule. Waking up and going to sleep and rest time, having “playing time” and a “clean up time” may help your child get used to the routine of school. Help your child learn how to transition by letting him know what you are going to do next 5 or 10 minutes before you begin new activities.

If your child has never been away from home before, now is a good time to begin to separate by leaving him or her with a trusted family member, neighbor, or friend for short period of times.

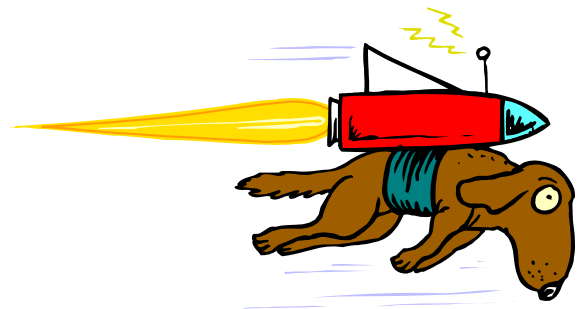
Above all, transition to school will expose your child to new sights, sounds, and smells. Help your child learn to adjust to new environments and sensory experiences by providing reassurances and demonstrating a positive attitude!! Share those special tricks for comforting your child with the school personnel.

Come to the Open House!!!

Bring your child, and siblings, grandparents, and all other family members who spend time and care for your child. It will help for everyone to be familiar and comfortable with the people and places where your child will be spending a large part of his or her day. If you can't visit in person, try to send a note or make a call and talk to you child's new teacher or in person. Sharing information about your child and establishing a pleasant and positive relationship early on will help open channels of communication which will be essential for building trust and comfort.

Communicate!!!

Meet your child's teacher, teacher's assistant, and therapist in person. Schedule a time that is good for everyone as early on in the school year as possible. Help school personnel understand your child's special needs, and share your tips with them. Learn new terminology and strategies from team members. Take every opportunity to share by arranging visiting times with your child's teacher and/or therapists during the school day.



Conferences, Workshops and Meetings for Families and Early Intervention Providers

**February 22-23, 2002
Richmond, Virginia**

Families Are Special, Too!

A conference for families and educators of young children with special needs, sponsored by the Family Support and Advocacy Committee of the Virginia Interagency Coordinating Council. All workshops will reflect the theme *Creating Community for Families* and embrace the growing recognition that families need to begin "connecting the community dots" when their children are very young.

For more information contact Dana Yarbrough at (804) 222-1945 or via email at PTPofVA@aol.com

**April 10-11, 2002
Richmond, Virginia**

Join the Children's Museum of Richmond in welcoming world-renowned **Dr. T. Berry Brazelton** for an interactive Parent's Lecture (April 10th) with a Q&A session focusing on contemporary parenting issues and child development up to preschool age and a professional seminar (April 11th) for those who work with young children.

For more information contact the Children's Museum of Richmond at (804) 474-2667.

The **Chesterfield Interagency Coordinating Council** meets at various times throughout the year. Please contact Carol Granger at (804) 768-7205 to find out about specific meeting times and locations. Everyone is welcome!

Grandparents Raising Grandchildren Support Group

meets the 2nd Saturday of every month from 2:00pm - 4:00pm at Children's Hospital located at 2924 Brook Road, Richmond- Cafeteria Conference Room. For more information please call Pauline Vaughan at 561-2466.

**April 4-7, 2002
Philadelphia, Pennsylvania**

International Parent to Parent Conference – In the Spirit of Sharing: Making the Connections

For more information, contact Kathy Brill at (717) 540-4722 or your service coordinator.

**March 9, 2002
Richmond, Virginia**

Circle of Support

A workshop on establishing and maintaining circles of support – something all families need! For details, contact your service coordinator

\$\$\$ We Can Help!

Funds are available to assist families and providers in attending conferences and workshops! Contact your LICC or your service coordinator for details!

Richmond – (804) 828-2742
Chesterfield – (804) 768-7205
Henrico – (804) 261-8524



BABY BOTTLE SYNDROME

What is it?

Baby Bottle Syndrome is a form of tooth decay that develops in infants and young children who are routinely given bottles when going to bed.

How is it caused?

Baby Bottle Syndrome is caused by a bottle that is filled with milk or a sweet liquid. It also can be caused by a pacifier that is dipped in honey. As the baby falls asleep, pools of sweet liquid collect around the teeth. This bathes the teeth in sugar and, over time, causes tooth decay.

What are the effects?

Chalky-looking areas that may appear on numerous teeth indicating that the enamel is starting to break down. Cavities develop and the tooth can eventually be destroyed to the gumline. Abscesses may develop and the child may experience pain and discomfort.



**For more information, ask
your oral health care
professional.**

This information provided by Old Dominion University, School of Dental Hygiene,
Dental Assistance and Dental Hygiene Clinic (757) 683-4308

On Children

– Khalil Gibran

And a woman who held a babe against her bosom said, “Speak to us of children!”



Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, And though they are with you, yet they belong not to you. You may give them your love but not your thoughts. For they have their own thoughts. You may house their bodies but not their souls, For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far. Let your bending in the archer's hand be for gladness; For even as he loves the arrow that flies, so He loves also the bow that is stable.



Dear Families... We hope you enjoy this issue of the Toddler Times. If you have ideas for articles for future Toddler Times or if you are interested in writing a family story, please call Jennifer or Leslie at 768-7205. We look forward to hearing from you!!

*Chesterfield Interagency Coordinating Council
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